



InPACT (Interrupting Prolonged Sitting with Activity) and Michigan Model for Health™: An Alignment Document

October 2021

Lisa Jo Gagliardi, MPA, *LJ Gagliardi, LLC*

Rebecca E. Hasson, PhD, *University of Michigan School of Kinesiology*

Executive Summary

Aligning programs that lend support to each other can be a useful tool when looking at implementation practices and the impact on outcomes. The purpose of this alignment document is to illustrate commonalities and complimentary components between the InPACT (Interrupting Prolonged Sitting with Activity) program and MMH (Michigan Model for Health™).

Strong child health programs that run parallel, or complementary to each other have the possibility of being stronger together than when operating apart. Some overall commonalities between InPACT and MMH™ are:

- Both programs target students and families to increase overall health.
- Each program provides health specific education at school, along with a strong home component.
- Both are available and applicable to multiple grade levels.
- Each program is accessible and based on research.
- Each program provides strong professional development and support for teachers.
- Both programs are affordable. InPACT is a free program and the MMH™ is offered free or low-cost to Michigan Schools.

Delineations between the two programs include:

- InPACT focuses more heavily on physical activity, with strong linkages to other areas of health; the MMH™ takes a comprehensive health approach, targeting many health behaviors equally.
- InPACT uses online videos and resources for core instruction, teacher support, and outreach to families; MMH™ offers print and online curriculum and resources, as well as online and in-person teacher support.
- InPACT provides instruction and resources through their website and availability of their streamed and public television videos; MMH™ curriculum and resources are accessible online or in print form, and tangible support materials for lessons are provided for lessons that require them. In MMH™, videos are one of many instructional strategies used in lessons.
- InPACT is used five times a day, at any time, in short 4-minute segments; MMH™ is to be taught at a designated class time or in a health class and ranges from 20-50 minutes per lesson, depending on grade. MMH™ is not used daily, unless in a health education class.
- InPACT and MMH™ both have a family outreach component. InPACT has the InPACT at Home component and MMH™ uses tools such as Family Resource Sheets.
- InPACT is based on prevailing literature and research in the field; MMH™ is based on prevailing literature and research in the field and has attained evidence-based designation.

An analysis of each program shows that there are many commonalities and complementary themes, and not any clear-cut duplication of effort. Through the process of alignment, there appear to be many opportunities for InPACT to support and supplement the Michigan Model for Health™, enhancing each program's successful implementation. This document is meant to provide an overview of each program, how they align, and the possibility of value added when used together.

Table of Contents

What is InPACT? – InPACT at School	4
What is InPACT? – InPACT at Home	5
What is Michigan Model for Health™?	6
InPACT at School Alignment to Michigan Model for Health™	7
InPACT at Home Alignment to Michigan Model for Health™	9
Professional Development Alignment	11
Benefits of Using InPACT and Michigan Model for Health™ in Tandem	12

What is InPACT?

The mission of InPACT (Interrupting Prolonged Sitting with ACTivity) is to motivate lasting changes in Michigan classrooms and at home, so that all students have an opportunity to succeed physically, socially, emotionally, and academically. InPACT is made up of the [InPACT at School](#) and [InPACT at Home](#) components.



InPACT at School targets the excessive amount of classroom sitting that takes place during an average school day, and the need to interrupt prolonged sitting with physical activity. In essence, InPACT at School is a physical activity

intervention for students, as well as a teacher training program, tailored to meet the needs of teachers, providing support and services designed to help them integrate health-enhancing physical activity every day in the classroom.

Some of InPACT at School's supports include classroom curriculum and management resources, instructional exercise videos, and floor plans. InPACT at School has demonstrated significant improvements in children's:

- Daily physical activity- children accumulate 20 minutes of classroom activity, which is two-thirds of the school-based recommendations¹.
 - Through an accumulation of five, 4-minute moderate-to-vigorous physical activity breaks in a day.
- On-task behavior- 99% of children are back on-task within 30 seconds of completing an activity break².
- Activity enjoyment- children report high enjoyment during activity breaks².
- Goal achievement- 78% of children demonstrate success in achieving their weekly activity participation goals throughout the program³.

Through simple adjustments in teaching curriculum and classroom design, the program provides no cost coaching and implementation strategies to increase structured physical activity opportunities in the classroom.

By creating active classrooms that facilitate both movement and learning, InPACT at School helps to significantly improve the health, wellness, and academic achievement of all students across the state of Michigan.



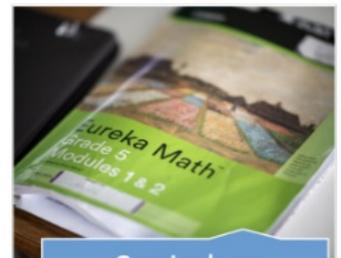
InPACT activity breaks



Floor Plans



Classroom Management



Curriculum Integration

¹Adapting the InPACT intervention to enhance implementation fidelity and flexibility. *Prev. Sci.*, 22(3): 324-333, 2021.

² Feasibility of the InPACT Intervention to enhance movement and learning in the classroom. *Transl. J. Am. Coll. Sports Med.*, 3(18):136-151, 2018.

³A pilot intervention using gamification to enhance student participation in classroom activity breaks. *Int. J. Environ. Res. Public Health*, 16(21). pii: E4082, 2019.



Born out of the need for at home activity due to COVID-19 shelter in place requirements, InPACT at Home was created to meet that need⁴. InPACT at Home has evolved to become far more robust in family outreach, in many areas of health. It is made up three components:

1. A library of a variety of 20-minute physical activity videos online, created by professionals, such as educators and specialists in the field, that meet the needs of all levels and include mindfulness videos.
2. Broadcast physical activity segments on the Michigan Public Learning channel that meet physical activity and mindfulness needs, and segments with its partner, the Detroit Lions and Pistons.
3. A strong family component with 12 modules covering a multitude of health issues that are interlinked with physical activity. The modules are packed full of information, resources, video links, and tools that caregivers can use for themselves and with their children. The modules include the following topics:

- Resilience
- Lifelong Skills
- Feeling Good
- Focus
- Nutrition
- Family Conversations
- Teamwork
- Sleep
- Blood Glucose Control
- Hydration
- Heart Health
- Healthy Lifestyle Choices

Feeling Good Challenge						
Week	Day	Day	Day	Day	Day	Day
	1	2	3	4	5	Rainy day: Bonus
	Get started Browse the module Complete the survey	Create your Gratitude Journal	Start on a 300 piece puzzle together	Family Scavenger Hunt	Make family dinner together	Listen to an online book together
	1	2	3	4	5	Rainy day: Bonus
	Continue working on a 300 piece puzzle together	Pick a project to volunteer together	Write in share your Gratitude Journal	Play family fitness Monocross	Watch a family movie together. What part of the movie did you like best?	Take a treat together
	1	2	3	4	5	Rainy day: Bonus
	Solve a problem	Write in share your Gratitude Journal	Random Acts of Kindness Day to friends and family members	Karaoke/Dance night	Continue working on a 300 piece puzzle together	Share your own stories about your life
	1	2	3	4	5	Rainy day: Bonus
	Play family fitness Monocross	Finish your 300 piece puzzle together	Family coloring contest	Write in share your Gratitude Journal	Plan the next month of Family Family Activities	Spring-clean the house together by each taking a room

Example of a 20-Day Challenge

4. Each module includes a 20-day Challenge via an online activity calendar and tracking tools for progress.

Resilience

We can bend, and not break!

What is Resilience, anyway?
At its core, resilience is simply being "ok," even when life throws us challenges. It is being able to move forward when things are hard, and it is being able to bounce back when we get knocked down. Of course we want this for our children (and ourselves!), and the good news is... it is something that can be worked on! It is something worth our time, more now than ever! This module has tools and ideas to work on our resilience so that we can become flexible enough to bend with the stresses of life, but never break. [Click here](#) to watch an introductory video for an overview of this module.

We have a ZONE, and so do our children.
The resilient zone is our "OK" zone. We are not too high (anxious, irritable) and we are not too low (depressed, sad). We are "OK." Once in a while, something can happen to bump us out of our "OK" zone, and then we have trouble! You probably have seen your child get bumped out of their zone. This module is meant to help develop some tools for all of us to use when we get bumped out of our "OK" zone. The trick is, we need to practice them when we are calmly in our "OK" zone, so that when the emotions of being bumped out take us over, we have some tools to pull from.

What is the Resilient Zone?
• A state of well-being in mind, body and spirit
• When in the Resilient Zone one is able to handle the stresses of life
• You can be stressed or even angry but do not feel like you will lose your head
• You can be sad but not feel like you will be washed away by the flow of sadness

Nutrition

Eat the rainbow!

Nutrition 101
We know nutrition plays an important role in our lives. We need to be diligent in more than ever right now! Eating foods which are right from the source is so important. For example, why drink apple juice when you can eat an apple? It will save you calories and tons of added sugar. Take a look at this [video](#) to remind yourself of the benefits food has to offer!

Move Together!
Learning about foods and portion sizes
What should your plate look like before you eat? The amount of each food group you need to eat depends on age, sex, and level of physical activity. There is so much to know about the food we eat. Take the time to get to know your foods and all it has to offer. Check out this [video](#) to learn how to create a healthy plate!

Feeling Good

A sense of satisfaction and well-being

Feeling and well-being
Feeling good can mean different things for different people. A two-mile run will make someone who loves to run feel good while making a person who is challenged to run tense and nervous. Think, for a second about what makes you feel good. A hug from someone you love or making the winning basket in an important basketball game. When we talk about feeling good in general, we are talking about the overall well-being of a person. Well-being includes "a positive physical, social and mental state". Because we can't see it, we describe well-being as something we feel or "sense". If your sense of well-being is good, you are feeling good about yourself and can function well or do what you need to do every day well. Family members can help each other feel good together. They can support each other's well-being.

What does it mean when I don't feel good?
When you don't feel good or don't have a good sense of well-being, you will not be able to function normally. When your well-being is improved, you can enjoy the simple things in life, meet the challenges you face in life and begin to feel good.

⁴Rapid cycle adaptation of the InPACT program to promote equity in access to youth physical activity during the COVID-19 pandemic. Under review at Translational Behavioral Medicine, 2021.

Example of module first pages

What is Michigan Model for Health™ (MMH)?



[The Michigan Model for Health™](#) (MMH) aims to improve children's overall health outcomes for physical, social, emotional, and mental health and to prevent youth from engaging in adverse risk behaviors. The MMH™ is an evidence-based, comprehensive health education curriculum that targets Pre-K through 12th grade students, utilizing a skills-based approach. The curriculum teaches students the knowledge and skills needed to build and maintain healthy behaviors and lifestyles. Age-appropriate and sequential lessons focus on the most serious health challenges school-aged children face. The MMH™ is written to align with the National and Michigan Health Education Standards and is recognized as an effective Social Emotional Learning (SEL) curriculum by the Collaborative for Academic and Social Emotional Learning (CASEL).

The MMH includes units, or health topics, at every grade-level, and builds on the skills and concepts taught from one grade to the next. The lessons not only meet the health standards and provide evidence-based prevention programming, but are also directly aligned to SEL. The core



MMH topics are social emotional health, nutrition and physical activity, substance use prevention, safety, and personal health and wellness. The MMH has additional curriculum in HIV/STD Prevention at grades 4, 5, middle school and

high school. The MMH also has an Early Childhood activity module which covers social emotional health, nutrition and physical activity, personal health and wellness, and safety.

The MMH has a family component, using Family Resources Sheets, allowing for school to home opportunities for learning.

The MMH is available in hard-copy or digitally PK-12 and comes with tangible support materials including laminated posters and materials for hands-on learning.

The MMH is offered free to very low-cost due to support from the State of Michigan and is available to every school in the State.



InPACT at School Alignment to Michigan Model for Health™ (MMH)

InPACT at School complements much of the content taught in the Michigan Model for Health™. Where direct correlations are not made, there are opportunities to expand on and enrich MMH™ lessons. Moreover, the use of InPACT at School physical activity breaks is beneficial during class time, whether teaching Michigan Model for Health™ lessons or during other curricular areas. Promoting the use of both programs furthers the goals of each: to support the health of students.

Michigan Model for Health™ (MMH) Key Content	InPACT at School Key Connections and Opportunities
<p>Social Emotional Health Unit: Social emotional wellness and mental health. Includes identifying and managing feelings, empathy, speaking and listening with respect, conflict resolution and stress management.</p>	<ul style="list-style-type: none"> • InPACT at School promotes physical activity, an important part for maintaining emotional and mental health. • Physical activity can be an impactful SEL strategy. • Physical activity is a proven way to stabilize and improve mood and focus. Incorporating physical activity into instructional blocks aids in keeping students focused, regulated, and engaged. • Using InPACT at School physical activity breaks are an opportunity to teach that physical activity can be a strategy to calm down, manage stress, navigate emotions, or regain focus.
<p>Nutrition and Physical Activity Unit: Promotes the importance of proper nutrition, including the importance of the five food groups, as well as hydration. Focuses on the need for moderate-to-vigorous physical activity to achieve physical health.</p>	<ul style="list-style-type: none"> • InPACT at School promotes physical activity. • InPACT at School can lend itself to student tracking of their daily physical activity. • The accessibility of using InPACT at School in the classroom illustrates for children the ease in which they can partake in physical activity in multiple ways and multiple environments. • InPACT at School promotes nutrition as imperative for optimum physical activity performance.
<p>Alcohol, Tobacco and Other Drugs Unit: Prevent use and misuse of substances that can have adverse health effects, including alcohol, tobacco, opioids, marijuana, and other drugs. As well as safe use of medicines.</p>	<ul style="list-style-type: none"> • The misuse and abuse of substances can greatly diminish interest in and ability to participate in physical activity. • Utilizing InPACT at School physical activity breaks during substance use prevention lessons is an opportune time to discuss the negative effects substances can have on physical performance.

Safety Unit

Ensures students have skills to stay safe including areas like pedestrian safety, vehicle safety, emergencies, and prevention of child sexual assault.

- InPACT at School models and teaches safe ways to do moderate-to-vigorous physical activities.
- Using InPACT at School physical activity breaks during Safety instruction can provide opportunities to discuss being safe while being physically active, including outside, going to parks, etc.

Personal Health and Wellness Unit

Teaches how to prevent the spread of germs, tooth care, handwashing, body hygiene, and making healthy lifestyle choices.

- InPACT at School promotes making healthy choices.
- Using the physical activity breaks in InPACT at School is an opportune time to discuss proper body hygiene after being physically active.



Students engaging in InPACT at School activity breaks at Munger Elementary in Detroit

InPACT at Home Alignment to Michigan Model for Health™ (MMH)

InPACT at Home provides an opportunity to increase family resources and engagement that could be used to support Michigan Model for Health™ content. InPACT at Home is applicable for all families with children of any age. InPACT at Home includes 12 Modules, each with a 20-Day Family Challenge. Modules are approximately 5 pages in length, and built from research and best practice information, and include resources, video-links, strategies, and tools to help families lead healthy lifestyles. The 20-Day Challenges are built in a monthly format, and families are asked to do at least 5 activities a week.

For example:

The Resilience Module addresses what Resilience is, why it is important for overall health, how to strengthen it, and provides embedded activities and videos to help increase resiliency and mindfulness. The Resilience 20-day Challenge is a calendar of activities to implement each day that increase and support resilience, the goal is to do 5 of the suggested activities a week, for a month.

Michigan Model for Health™ (MMH) Key Content	InPACT at Home Key Family Resources <i>~Listed are the Modules/Challenges that most directly support each MMH content area. InPACT at Home is accessed online for free.</i>
<p>Social Emotional Health Unit: Teach social emotional wellness and mental health. Includes identifying and managing feelings, empathy, speaking and listening, conflict resolution and stress management.</p>	<ul style="list-style-type: none"> • Lifelong Skills • Resilience • Feeling Good • Focus • Family Conversations • Teamwork
<p>Nutrition and Physical Activity Unit: Promote the importance of proper nutrition, including hydration, and low, moderate, and vigorous physical activity to be achieve physical health.</p>	<p><i>All Modules have physical activity incorporated, and many have nutrition components in them.</i></p> <ul style="list-style-type: none"> • Nutrition • Blood Glucose Control • Hydration • Heart Health • Healthy Lifestyle Choices • Sleep • Teamwork
<p>Alcohol, Tobacco and Other Drugs Unit: Prevent use and misuse of substances that can have adverse health effects.</p>	<ul style="list-style-type: none"> • Healthy Lifestyle Choices • Family Conversations

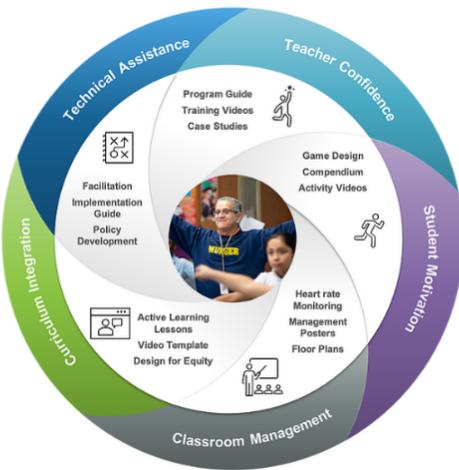
<p>Safety Unit Ensures students have skills to stay safe including areas like pedestrian safety, vehicle safety, emergencies, internet safety, and prevention of child sexual assault.</p>	<ul style="list-style-type: none"> • Family Conversations • Teamwork • Focus
<p>Personal Health and Wellness Unit Teaches how to prevent the spread of germs, tooth care, handwashing, body hygiene, and making healthy lifestyle choices.</p>	<ul style="list-style-type: none"> • Healthy Lifestyle Choices • Sleep



Adaptive Physical Education Teacher Alanna Price leading InPACT at Home activities with her family

Professional Development Alignment

InPACT provides professional development and support for teachers to implement InPACT at School through patterned asynchronous/synchronous online training and coaching.



Using a coaching model, InPACT offers a series of guiding principles and strategies that provide classroom teachers with the necessary training, skills, and support to tailor and deliver 20 minutes of physical activity in the classroom every day. A program guide is also included with workbook activities to give teachers real-world examples of how to overcome challenges to implementation and resources to enhance movement and learning in their classroom.

Michigan Model for Health™ has a network of Regional School Health Coordinators that blanket the State, serving all schools.

Regional School Health Coordinators provide robust professional development in-person, hybrid, or virtual (during COVID-19), and on-going support to implementing teachers. Regional School Health Coordinators also provide updated materials, resources, and information as it becomes available to keep teachers who are implementing Michigan Model for Health™ up to date. Regional School Health Coordinators are all members of MiSHCA (Michigan School Health Coordinators Association). www.mishca.org



Michigan Model for Health™ workshops provide content knowledge and focus on teaching skills. Workshops are interactive and experiential to ensure teachers are knowledgeable about the content of the curriculum, as well as skills-based learning. Support is provided as needed after training.

Both programs have a robust training and on-going support design to meet the needs of teachers.

Commonalities:

- Content specific knowledge
- Skills specific learning
- Flexible training formats
- Ongoing support via coaching/technical assistance

Interpretations of the InPACT at School and MMH™ Professional Development:

- Given the versatility and accessibility of the asynchronous and synchronous online training routine used by InPACT at School, it complements the MMH™ training format and may not require more out of class time.
- In encouraging InPACT and MMH™ implementation, professional development from each could serve to enrich outcomes for teachers, by expanding the resources and strategies available to them to increase health in the classroom and make stronger home connections.

Benefits of Using InPACT and Michigan Model for Health™ (MMH) In Tandem

Aligning programs that lend support to each other can be a useful tool when looking at implementation practices and the impact on outcomes.

Overall Commonalities:

- InPACT and MMH™ are both programs that target students and families to increase overall health.
- Both are available and applicable to multiple grade levels.
- Each program is free or low-cost, accessible, and based on research.
- Each program provides health specific education at school, along with a strong home component.
- Each program has a strong professional development component and ongoing support for teachers.

Benefits of Using InPACT at School with the MMH™:

- InPACT at School provides physical activity promotion and skill, which is an important content component of the MMH™. The way InPACT at School delivers physical activity promotion and skills, through physical activity breaks, is more complimentary than competitive to MMH™ instruction.
- The practice of physical activity breaks is important for overall health, which is a shared goal with the MMH™.
- As illustrated in the above alignment between InPACT at School and the MMH™, using InPACT at School during MMH™ instructional time can create opportunities to discuss how physical activity and the content being taught are related. *i.e., in Social Emotional Health, explain how physical activity can be used as a strategy to calm down, manage stress, navigate emotions, or regain focus. Ask students how they feel before and after the InPACT at School physical activity break.*

Benefits of Using InPACT at Home with the MMH™:

- The Modules available from InPACT at Home are robust, versatile, and use research and best practice to provide activities families can do to improve health. The InPACT modules complement use of the Family Resource Sheets with MMH™ by providing additional interactive resources for families.
- The 30-Day Challenges that accompany the InPACT at Home Modules can help promote families practicing health enhancing activities throughout the month.
- Teachers can curate which Modules to use each month. They could use the above alignment of InPACT at Home and MMH™ as a guideline. For instance, teachers may choose to use the Sleep or Focus Modules on August or September, when those skills are needed to start the school year off right; or choose the Nutrition Module while teaching the Nutrition and Physical Activity unit.
- The InPACT at Home Modules can be encouraged over the summer, for families to engage in health enhancing activities year-round.